

CANONICAL ENTRY 34 / 74

Flu

Breath, voice & ENT

CANONICAL SOURCE - VERBATIM

3 types of flu: A- known as a biannual epidemic; B- sporadic in nature: C- very mild.

The principal sites involved are the respiratory tract and gastrointestinal tract. Sufficient hemoglobin of proper functioning and white blood cell swill make for immunity and overcoming of the flu.

Causes: cold and congestion causes for which are often over-acidity and mechanical pressure on the cerebrospinal system); poor

eliminations; deficiencies in the blood supply (humoral and/or cellular); poor diet; or combination.

Therapy is to address underlying issue before symptoms:

- laxatives (senna-based)
- massages
- osteopathic manipulations;
- hydrotherapy (for severe disturbances)
- Enlightened Athletics dietary protocol
- Rectified bicarbonate or Alka Seltzer.
- Consume 3 tablespoons per day of expectorant:

Egg white mixed with juice of 1 lemon, and, added slowly, 1 tbsp of honey, with 2 drops of glycerine added last

CANONICAL COMPANION SET

Esoteric Anatomy for Healing and Revelation

Enlightened Athletics Dietary Protocol